

SPOKE

Conestoga College, Kitchener

30th Year — No. 33

October 5, 1998

What's Inside



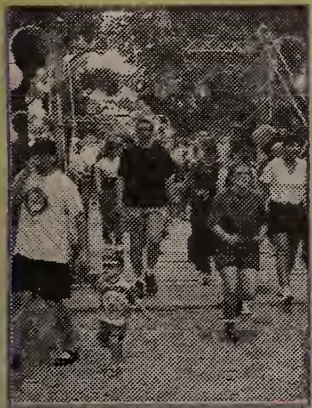
Christopher Hall of Stabbing Westward rocks the crowd at the Lyric in Kitchener on Sept. 24.

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University and college students attended the career fair at Bingemans Conference Centre on Sept. 29.

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The Aids Awareness walk took place at Victoria Park in Kitchener on Sept. 27.

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COMMENTARY Page 4

Why do women today look better than ever?

Taking flight



The Condors rugby team works on a throw-in during one of their practice drills - story Page 14

(Photo by Neven Mujezinovic)

Strike is squashed

By Dee Bettencourt

A once-looming strike has been averted as 93 per cent of all Conestoga College faculty members voted Sept. 24 to support a proposed ratification agreement, said Walter Boettger, union president of the college's Local 237, adding provincial endorsement reached 95.5 per cent.

John Tibbits, president of Conestoga College, said on Sept. 30 that he had

anticipated a 90 per cent ratification and was satisfied with the results, especially for the sake of the students.

"It's certainly a good offer. We're very pleased that a three-year collective agreement has been signed," said Tibbits. "I think we've had one of the smoothest start-ups ever this fall. Everybody has been uplifted."

Tibbits also added that stress has been relieved since the college relations commission decided Sept. 29 there was no

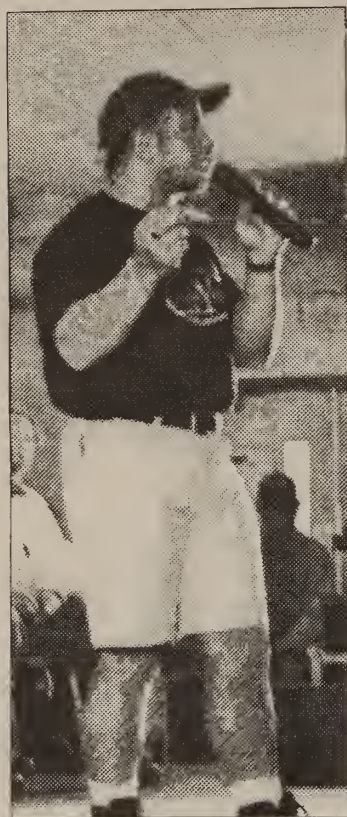
substance to a year-old charge regarding unfair bargaining practices by management.

"We (management) had this hanging over our heads and it wasn't very pleasant as there was a feeling of suspicion from the other side. Now it's clear there was no substance to the charge."

Seventy-one per cent of college faculty elected to vote and 62 per cent of the provincial union participated in the vote.

Show not for easily offended

X-rated hypnotist entrances audience



By Melanie Spencer

Tony Lee, winner of the Canadian Campus Variety Entertainer of the Year award, brought his brand of X-rated hypnosis to Conestoga College on Sept. 28.

"We were turning people away," said Patty Stokes, entertainment manager of the Doon Student Association, whose liquor licence was limited to 200 people.

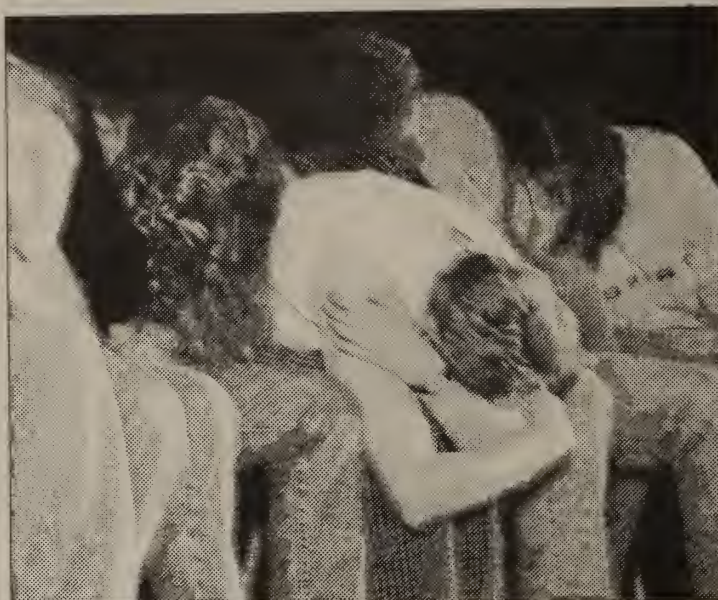
After the spaghetti dinner, the crowd gathered in the Sanctuary waited patiently for the Canadian hypnotist to take the stage. He wandered the room talking to various people about his show.

When the time finally arrived, the lights were dimmed and the crowd began to cheer.

Lee began by singing a rousing rendition of the Star Spangled Banner, with lyrics changed to describe the relationship between Bill Clinton and Monica Lewinski.

When the laughter died down slightly, Lee, who has been touring the college and university circuit for 12 years, advised the audience that there were certain people who should not participate in the evenings festivities, including people who had been drinking all day.

X-rated hypnotist Tony Lee convinced the volunteers on Sept. 28 in the Sanctuary at Conestoga College that this cigarette was actually a joint. (Photo by Melanie Spencer)



Volunteers sleep while hypnotist Tony Lee plants suggestions in their minds on Sept. 28 in the Sanctuary at Conestoga College.

(By Melanie Spencer)

With the warnings dispensed, Lee began to work his magic on the many volunteers, including Kristin Murphy, president of the DSA.

The audience was treated to various situations, including driving lessons and even a wedding ceremony, complete with a groom and two brides.

Women cheered as one volunteer

striped down to his boxers, all the while convinced he was completely dressed.

The crowd enjoyed the many antics Lee staged, many not fit to print or to photograph due to the X-rated nature of the show.

But while Lee's show is certainly entertaining and shouldn't be missed, it is definitely not for the easily offended.

Student still critical

At press time Thursday, Janelle Chretien, a second-year general business student, was still reported in critical condition at London Health Sciences Centre after a single-vehicle accident that occurred on Sept. 20.

Chretien, originally from Wingham, was driving north on County Road 12, two kilometres north of Belmore, when her vehicle went down an embankment and hit a steel culvert. She was thrown from the car and found by a passing motorist.

Chretien was taken to Wingham District Hospital and later moved to London Health Sciences Centre.

Walkerton-Kincardine OPP Const. Dennis Thompson,



Janelle Chretien

investigating officer, said there has been no further update on the investigation.

PADDY'S

IRISH REDS

We only sell what we can't drink ourselves

Counsellor's Corner: Mature Students

Returning to school after years of being out in the workplace or raising a family can be intimidating. Mature students sometimes find it difficult to juggle the demands of family, school and work. They're unsure if they'll be able to remember course material or may associate school with unpleasant experiences from high school days.

Here are a few observations about mature students that might ease some of their uncertainties about returning to school:

- Mature students usually don't have memory problems and can usually relate their learning to "real life situations: more easily.
- Mature students are often very motivated. They know why they're here and how furthering their education fits in with their life plans.
- Mature students can draw on previously learned work habits and time management skills.

Mature students are also sometimes concerned about fitting in socially. Student Services can help, either individually, or through a **Mature Students Drop-In**, which provides a place to meet and exchange ideas. This year's first drop-in will be held on **Wednesday, October 7 in the Blue Room Cafeteria from 11:30 to 1:30**. For more information, watch for flyers on Student Services bulletin boards or contact Karen Rittinger at extension 8078 or at Student Services.

Submitted by: Student Services

Would you like to
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Drop in to Student Services (2B02) for more information.



LASA students shoot at Guelph

By Lisa Wilhelm

According to Susan Hartley, a professor in the law and security administration program at Conestoga College, this semester promises to be full of activities and experiences for LASA students.

Students in this program are currently involved in an activity that allows them to gain both experience and knowledge in their chosen field. Every Tuesday and Wednesday, different students travel to Guelph to assist at police services. They help officers train with firearms and help to set up targets at an outdoor range.

"Guelph has quite a good shooting range," Hartley said. "They have different forms of shooting such as near, far and pop-up targets."

Hartley said that this is great experience for the students because it allows them to talk to the officers and make some connections.

"The students make contacts and start to network," said Hartley. "They also get to know the job requirements and expectations."

Hartley also said that this experience will familiarize students with firearms and allow them to understand that shooting isn't always as easy as it is portrayed on television. She said officers must re-qualify every year for firearm training and that without practice, it is very difficult to keep good aim.

Another activity that LASA students will be participating in this year with the city of Guelph is a course in which you train with selected constables. Students play the role of an applicant and they also see what is to be expected when you go for a police interview.

Spoke:

What

a

Blast!

It's a mess

Garbage a problem in the lounge

By Jaime Clark

At any given time during the day, the Sanctuary is a bustle of activity.

Students lounge around on couches and watch TV, do homework, eat lunch — and leave their garbage anywhere but in the garbage cans that are provided.

Vicky Lichty, DSA administrative assistant, said the mess students are leaving behind is a problem the DSA encounters

every year. But, people not disposing of their garbage properly, isn't the only problem in the lounge.

"It's mainly the mess itself," she said. "Some of the fooseballs and pool balls are getting stolen and people are stuffing their garbage into the fooseball tables."

Lichty said the past two years that she has worked in the DSA office, there hasn't been a problem with the pool and fooseball tables. Normally in the course of a year,

pool and (foose) balls are replaced once, but this year they have already been replaced twice, she said.

"And the school year has only just started," she said.

Lichty said in the past the DSA has closed the lounge down and put up posters encouraging people to dispose of their garbage.

This year, she said, they will incorporate a number of ideas to try and get students to pick up after themselves.

"We could paint the garbage cans, close the lounge, hire somebody to clean up, or something along that line," she said.

Lichty said she hasn't received any complaints but a couple of students have gone around and cleaned up the garbage people left behind.

Preet Kochar, a first-year accounting student, agreed that there is a problem with garbage in the lounge.

"It's dumb that people come here and eat and they leave their stuff around," he said.

Kochar suggested that garbage cans be put beside every couch in the lounge to encourage people to use them.

"You know what's sick? The fruit flies that hover around here now, that's gross," he said.

Jenny Ventura, a first-year accounting student, suggested that eating be banned from the Sanctuary.

"If people aren't going to be responsible and throw out their garbage, there's a big enough cafeteria across the hall."

"This is where people come to



Vicky Lichty, DSA administrative assistant, checks inside a fooseball table for garbage people may have left. (Photo by Jamie Clark)



A group of students socialize beside a table where someone left the remnants of their lunch. (Photo by Jamie Clark)

relax. I don't want to be sitting beside some half-eaten banana," she said.

Betty Papazotos, another

first-year accounting student, said if people want to eat in the lounge, it should be restricted to the tables set up behind the couches.

Things brightening for Conestoga solar-powered car designers

By Ned Bekavac

Let the sun shine in.

The Spectre 2, a solar-powered car currently being designed by a group of Conestoga College students for participation in Sunrayce 99, is being readied for a June 1999 launching.

"We will race," said Dana Williams, one of nine members currently on the Spectre 2 team.

Debuting in 1990, Sunrayce is a semi-annual inter-collegiate competition to design, build and race solar-powered cars in a long-distance event. The 1999 event is scheduled to begin June 21 in Washington, D.C., and conclude June 30 in Orlando, Fla.

The competition draws participants from Canada, the United States, Mexico and Puerto Rico, said Shin Huang, a second-year Conestoga College student and a major role-player in the Spectre 2 team.

The 10-day event will involve daily racing from 10 a.m. to 6 p.m., with established starting and finishing points each day, Huang said.

"Conestoga College is the only college from Canada involved," Huang said.

Though the original Spectre vehicle was created for the 1997 competition that ran from



Shin Huang, a second-year Conestoga College student, poses with the Spectre, the solar-powered car that was designed for Sunrayce 1997. The Spectre 2 is currently being designed by a nine-member team in preparation for Sunrayce 1999, a solar-powered car race running from Washington, D.C., to Orlando, Fla., in June 1999. (Photo by Ned Bekavac)

Indianapolis, Ind., to Colorado Springs, Colo., the team had to withdraw its vehicle because some donations were received late.

The nine-member Spectre 2 team, which is being helped by faculty advisor Martin Hare, says it will be ready this time.

"The design process is the big work," Huang said. "That's about 90 per cent done. The actual building takes about six months."

Though trophies and small financial awards are up for grabs, Huang said their major motivation for creating and designing the solar-powered car is to give a proper representation of what the college can achieve.

"We would like to eventually take it to the community (malls, etc.), to show them what we've done," he said.

Though Spectre 2 is coming

along nicely, Huang and Williams said they are encouraging other students to join the team.

"It's amazing hands-on experience," Williams said. "You can get great experience in design, promotions, advertising, anything. The only prerequisite is motivation," Huang said.

Huang, who was also a part of the team that collaborated to create the original Spectre, which

featured a 15-member team, said he is on this team because of "personal interest."

"It's a great hands-on project. It gives us over 50 hours of computer numeric control experience," he said.

"That's more than those who take a one-year training course."

Sunrayce 1999 organizers have prohibited three-wheel vehicles for safety reasons, making the Spectre 2, a four-wheel car, quite different from its three-wheeled predecessor. The team has tentatively agreed to have Steve Denhem, Dana Williams and Tanya Foubert as three of their five drivers.

Huang said the car itself will cost around \$21,000. Other equipment will bring the total cost to \$30,000.

The team is currently supported by a host of sponsors.

"That is a bargain compared to some of the others," Huang said. "We could easily spend that much money on batteries alone."

Though 90 per cent of the design is centered around CNC machining, it is not required to be part of the team, Huang said.

"Any areas are welcome, where people can help," Williams said. Including marketing and promotions."

Weekly meetings take place at 5 p.m. Thursdays in Room 2A68.

*Why do women today
look better than ever?*

The Walking Waif Syndrome

Has anybody else noticed that women these days seem to be taller and slimmer than ever? It's almost as if they were tied and stretched hand and foot while unable to protest (and who would, given the results), lying in their cribs. At five foot three inches, the only torture rack my mother had access to was a bassinet. Deprived from birth, that's what I was.

Perhaps it's the food these walking waifs have access to. I don't mean the chips or donuts they wolf down daily as they sit side by side with me and my lonely salad (accompanied by one teaspoon of salad dressing with no croutons, by God).

No, I mean the steroid-filled cheeseburgers (with bacon) that could do pushups with both buns and probably the plate on top, no problem. The caloric nerve of my mother to have fed me ordinary food in formative years. It is a bit disconcerting to be able to look your next meal directly in the eye. And I don't even mean



Dee Bettencourt

the cow.

Hey, sometimes women of more state than stature get desperate. I've got one friend who went to a plastic surgeon for liposuction. After she stripped, the surgeon and his nurse took one look at her, and both said simultaneously, "Great ankles." No kidding. So of course she had the surgery. Afterwards, she was awarded "lipo points", so she or a friend could keep coming back for more and more. A doc after my own heart.

Eureka! Now, if I start to concentrate that hard on my next meal (four days from now), I should be able to drop one of my chins (your choice) or pick up that knee warmer.

Right?

Well, you know you have a problem when you can turn around a thong and it still fits in reverse. My friends refer to thongs as "butt floss." We refer to butts as "knee warmers." Truly, youth is wasted on the young.

Women used to be built to sustain a nine-month famine, deliver a healthy 10-pound baby, and still have to diet afterwards to lose all that extra weight. Now, instead of being built for power, they're built

for speed. It must be a liability to have to eat every hour on the hour. Not only is it a dreadful waste of time that people of historic girth would never, of course, want to have to endure, but it must take a lot of



brain activity to plan the when and where of the next meal. That's it! That kind of stress must drive their grey cells into overdrive, causing a metabolic and growth-hormone chemical reaction that makes them into walking skyscrapers and others into port-a-potties on wheels.

Eureka! Now, if I start to concentrate that hard on my next meal (four days from now), I should be able to drop one of my chins (your choice) or pick up that knee warmer. Right? Maybe you think this is just a mind-set, that this attitude would change if we got out there and worked out, enjoying all those endorphins that can make us happy we're

not couch poutines.

But just when we think we've got a handle on handles and go to work out at the club, we get introduced to the Babe of Step Class. This inevitably leads to the Shiny Spandex Syndrome. All it takes is her, a mirror big enough for the two of us (and all the mirrors at clubs are two miles wide so we can't miss ourselves no matter how hard we try), and our new work-out clothes. One stretching exercise that requires bending over, and we're back to being genetic toast. With butter. Make it a double.

And it's back to feeling a lot like that port-a-potty.

What good is an earthquake you don't feel?

Throughout my life I've always asked myself: "How come things like that never happen to me?" For example, I never win anything like money or gifts (except for a big bumble-bee I won in 1996 at Canada's Wonderland). I have never witnessed anything extraordinary like a running star or even a movie shooting on location so I can get my big break.

I hope you are up to some serious whining because I have a very big problem.

Check this out, on Sept. 23, an earthquake shook Waterloo Region, not strongly thank God, but as a lot of you know by now, it did happen. Most people were in the teeth of this quake, but I was not.

Well, this bothers me and it bothers me a whole lot, I'll tell you why.



Jacqueline Smith

On Wednesday, I came up with the notion of writing a column for this week's paper mainly because when writing columns, reporters have enough room to move around that they can do the Macarena without falling. For two nights and three days, I walked around praying for something to write about but nothing happened. I didn't give up though, I just kept on praying.

On Sept. 25, I got home and noticed the red light on my answering machine flashing. I did not feel like chit-chatting at such a desperate moment, so I ignored it.

Now, I have always been a God-fearing person, if you know what I mean, but never have I had a prayer answered clearly. Then, there it was, out of the blue a friend called, "So, did you feel it?" she asked.

Turns out she had called me four times that evening to talk about an earthquake measuring 5.4 on the Richter scale, but I did not feel it.

Seems like everyone in Kitchener and

Waterloo, at least everyone I talked to, felt the quake which hit at 3:52 p.m. on Friday. It lasted about 10 seconds, but I did not feel it.

It was the talk of the town; everybody wanted to share their experience. "I was home, sitting on the steps when the boards started to vibrate under my butt," said one neighbor. Others talked about dishes singing and plants dancing, but I did not feel it.

Now that I have the quake to write about, I wonder when the next one will be. It is not that I am walking around and praying for disasters, but I wouldn't mind getting some of the vibrating pleasures Friday's earthquake brought to some of the residents between Windsor and Toronto since I prayed for it, but I did not feel it.

Earthquakes have shaken the region before, for instance, there was one in October 1980 measuring 3.0 on the Richter scale, but I did not feel it.

The most recent quake, prior to Friday's, was Jan. 31, 1986. That one was even bigger, estimated at 5.7 on the Richter scale and lasting a whopping 15 seconds, but I did not feel it.

I have been told that it is extreme heat waves that cause earthquakes. If this is the case, how come there wasn't one during those hot July days? Could it be because I was not praying for one then?

But look at the time the other two hit, those were not hot months.

According to the Kitchener-Waterloo Record, officials with the Geological Survey in Ottawa believe the epicentre was somewhere in Ohio, just south of Lake Erie. Well, there it is folks. Maybe Ohio was extremely hot but I did not feel it.

Another thing, people say that if you were walking, riding, driving or moving in any way you wouldn't feel the earthquake. On Friday at exactly 3:52 p.m., I was stationary, but I did not feel it.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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College to review Door 4 for non-smoking entrance

Teachers, students upset by blocking of door

By Lisa Wilhelm

Outside Conestoga College's doors, students and teachers can be found enjoying a cup of coffee or a cigarette.

Ted Spicer, a teacher of 33 years in the academic support division, said this is no longer going to be tolerated by a number of students and members of faculty.

Spicer, along with other members of faculty and members of the student body, have submitted a memorandum to the College Council members for review at their Oct. 5 meeting. The memorandum suggests making Door 4 a non-smoking entrance.

"Smoking is a problem," said Spicer. "There are coffee drinkers too. The real problem is people blocking the doorway."

He said that trying to get through

"Because (Door 4) is such a high-traffic door, it shouldn't have been made a smoking door in the first place."

Ted Spicer, Conestoga College teacher

any of the doors that have a set of stairs is almost impossible. He even said non-smokers who go outside and wait while their friends smoke is a big problem, because they stand on the stairs and block the entrance.

"You are virtually stepping over books and stepping over bodies."

Over the past year, he has heard many complaints about people trying to get in and out of that door and receiving verbal abuse such as "Go to another door," or even

being subjected to "getting the finger."

He also said that getting an apology is very unlikely.

"Students are just as annoyed as I am," said Spicer. "It is pretty rare for anyone to apologize. The lowest level that a person is going to receive is being ignored, but some people just get plain mouthy."

Spicer said he took it upon himself to be the spokesperson for the group because many people, especially females, feel too intimidated and uncomfortable to say anything.

"Because (Door 4) is such a high-traffic door, it shouldn't have been made a smoking door in the first place. It doesn't take much to walk 10 steps across the road, or to go and use the picnic tables outside of the cafeteria, especially in such nice weather."

He said that if the college wants to accommodate the smokers further and put tables in front of the school, then let them.

He also said that putting a sign outside of each door or drawing a line which smokers could not cross may be the solution to this problem.

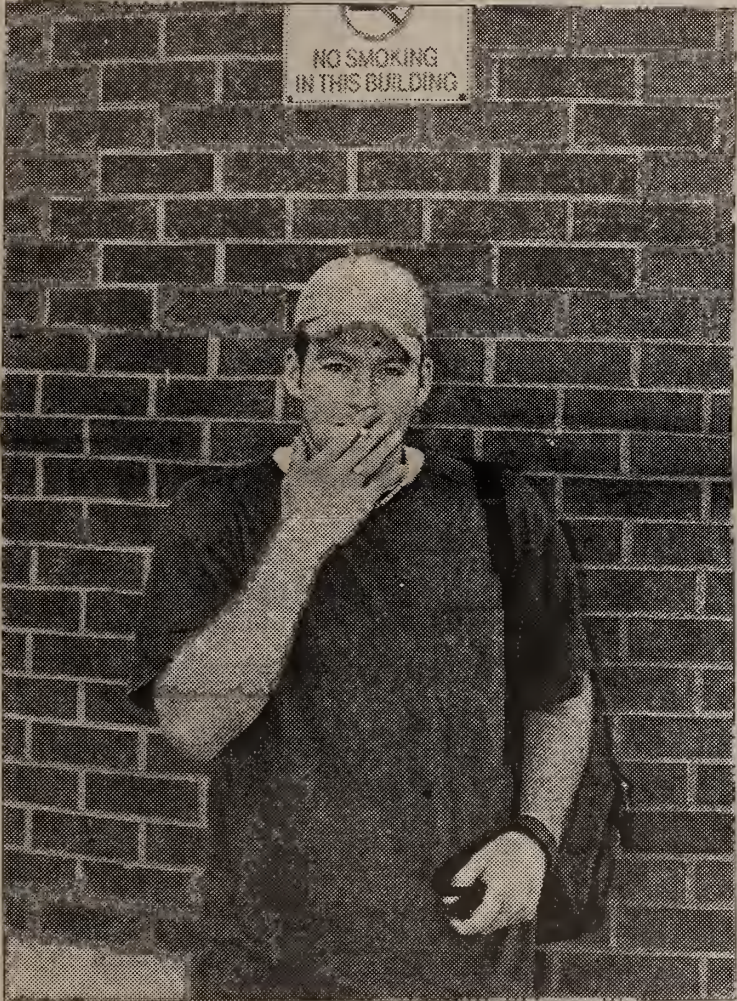
But Spicer definitely believes that something must be done.

"They'd better do something about it because many people are getting fed up. This has become an issue of how people are being treated."



Ted Spicer, a teacher in the academic support division, said that he took it upon himself to be spokesman for the concerned group because many people feel intimidated to say anything.

(Photo by Lisa Wilhelm)



Jason Brown, a second-year management studies student, smokes in front of Door 4, an area some teachers and students think should be non-smoking.

(Photo by Lisa Wilhelm)

GOT ANY STORY IDEAS?

Come up to the Spoke office - 4B15

or

e-mail us at:

spoke@conestogac.on.ca

Three Buck Tuesday
Movie Night

X-Files
The Movie

Tuesday, Oct. 6
8:00 pm
The Sanctuary

Admission only
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\$6 for guests

Free 600 ml bottle
of Coke & Free popcorn



DO YOU WANT TO
QUIT SMOKING? WE
CAN HELP.



- Come visit us in the DSA boardroom off the sanctuary.
- Every Monday, beginning October 5, 1998 from 1:00-2:30p.m.

Off-campus candlelight march

Women reclaim the night in K-W

By Sarah Thomson

Everywhere we go
People will ask us
What are we marching for
And so we tell them
We're taking back the
night
Marching for our rights
And if you can't hear us
We'll shout a little louder

This was one of the cheers being yelled on Sept. 24, when approximately 150 women participated in the annual Take Back the Night march.

The event started at 6:30 p.m. at Victoria Park, Kitchener, with women speaking about why they were participating in the walk.

A couple of women confessed that they had grown up in abusive environments and were walking because of this. They said they didn't feel safe being alone at



Three of the approximately 150 women who participated in the Take Back the Night march carry a banner through Victoria Park in Kitchener. (Photo by Sarah Thomson)

night.

Diane Warner from the Zonta Club said that she has been participating in Take Back the Night marches for years.

She said, "The good news is now

my 25-year old daughter is marching with me. The bad news is we are still marching."

The 45-minute walk started at the clock tower at approximately 6:45 p.m. and circled back to the

park.

The women who ranged in age from infants to senior citizens, held placards printed with Power of Love not Love of Power, and Unescorted, Uncontested, Unhar-

assed, Unmolested.

The marchers were energetic and noisy, yelling chants and banging on a bongo drum, while others used their whistles instead of yelling.

Upon arrival at Victoria Park, the women listened to Marie Cumming-Steele, a local therapist and well-known feminist, speak about the solidarity of women.

"Silence will not protect us. We want a better, safer world for our women and children without male escort or fear," said Cumming-Steele.

She then proceeded to lead the candlelight ceremony. Women stood in two circles within each other.

All were given candles to light as a sign of their united sisterhood. Many candles would not stay lit because of the wind.

The evening ended with the marchers going to city hall for refreshments and entertainment by local women Pat Skinner, Mary Ann Epp, and Deanna Knight.

Bolting good time had at Biz Bash

By Sarah Thomson

Hot sweaty bodies crowded the dance floor bumping and grinding to the pulsating throb of the music that included retro 80s hits, disco, and modern re-mixes.

Green laser lights and strobes illuminated the floor at the Nuts and Bolts Biz Bash held on Sept. 24 at Stages.

The bash was the first of six sponsored by the Conestoga Business Students Association.

There were about 900 tickets sold, with 326 tickets sold at the door, said Trevor Topping, CBSA treasurer.

The nuts and bolts theme was so men and women could try to match up their nuts and bolts to win prizes.

Prizes included free shooters at the bar and various small prizes such as T-shirts and bottle openers.

"It's a good way to get people mingling with each other. It's especially good for first-year students," said Topping.

There will be another bash for Halloween on Oct. 29, at Stages. Students are invited to dress in costumes to win prizes.

Another Biz Bash will be held near Christmas, said Topping.

Solutions to problems

Pamphlets offered to students seeking help

By Melissa Dietrich

Students who seek help addressing issues like eating disorders, suicide prevention and time management can find pamphlets on a wall outside student services.

These information booklets have been introduced to Conestoga College this semester.

Joan Magazine, of student services, said they decided to order the booklets last spring after noticing that both the University of Waterloo and Wilfrid Laurier University offer them to their students.

Each of the 23 different and brightly coloured pamphlets are available to give students the opportunity to research information about the issues.

They also show students how to deal with their particular problem.

Magazine said the pamphlets have three main purposes: to give students information, to serve as a self-help tool, which helps students figure out how to handle their situation, and to encourage students to seek help with their problems and to realize that they may not be alone with their issues.

Magazine said at first student services was not sure about using these particular pamphlets because they were printed in the United States.

"We wanted to have something with a Canadian perspective," she said.

After seeing their success at the universities, Magazine said she believed they would work for Conestoga as well.

"They are well-written, brightly coloured and professional looking," she said.

Funding for the pamphlets came from both the Doon Student Association (DSA) and the Women's Resource Group at Conestoga College, said Magazine.

Besides offering information about the topics, the pamphlets list reference books that talk about the issues and organizations that

students can contact for help.

On the back of the booklets there are phone numbers for different

"The pamphlets are well-written, brightly coloured and professional looking."

Joan Magazine, counsellor at student services

counselling services for students who, after reading the material, want to discuss their problems with a counsellor at the college.

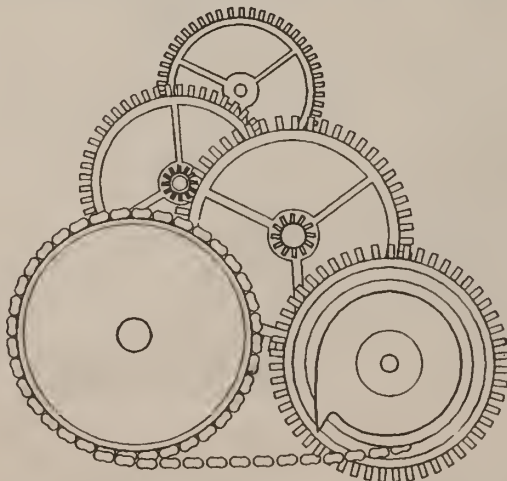
The pamphlets have been available for a month, and

Magazine said student services would like to continue offering them to students in the future.



These are five of the 23 pamphlets available to students that can be found outside Conestoga College's student services.

We're Gearing Up



Will you be ready?



Conestoga College United Way Campaign
October 19 - 30, 1998



New chair in place for board of governors

President praises college's job-placement record ranking

By Jacqueline Smith

The Conestoga College of Applied Arts and Technology board of governors held their first meeting of the school year on Sept. 28 in the Guild Room.

Sandra Hanmer, the board's newest chairperson, began the meeting with a welcome and an introduction of old and new members of the board.

Next, Bill Jeffery, dean of health sciences and social programs was

called upon to give an update on ISO (International Standards Organization), an international series of generic quality standards. ISO 9000 is a collection of standards, ranging from 9000-1 to 9004.

Jeffery said each document covers specific topics. ISO 9001, 9002 and 9003 are models of quality assurance systems of an organization with ISO 9001 being the most comprehensive.

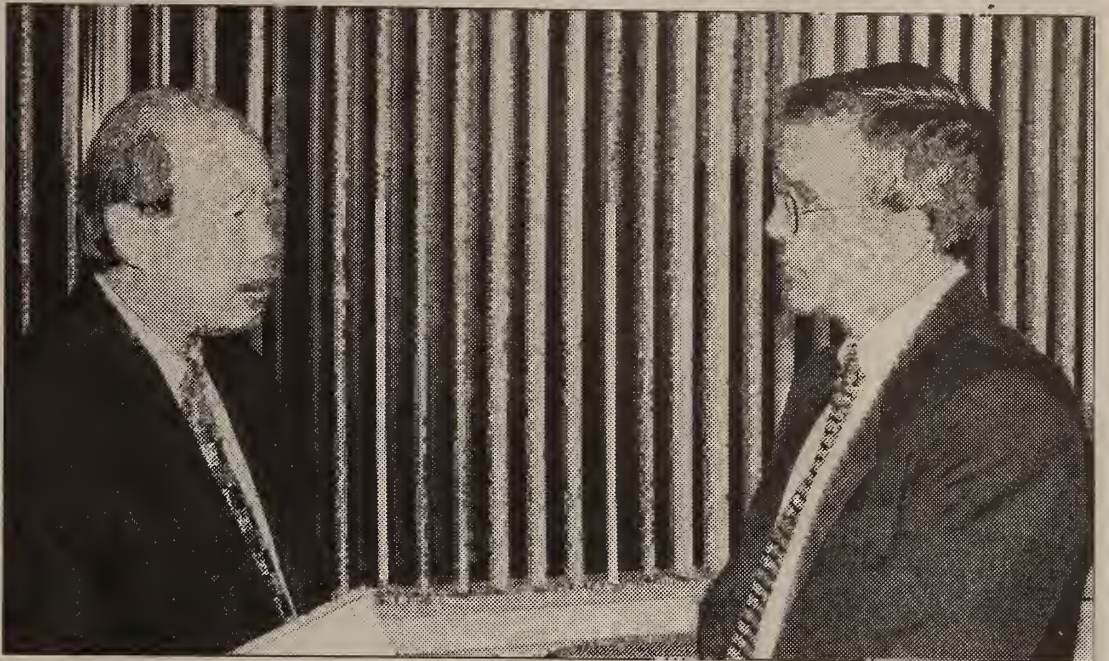
He said the other standards are guidelines for various stages or areas of a quality system.

He talked about The ISO 9000 Essentials: A Practical Handbook for Implementing the ISO 9000. The book was first published in 1987, revised in 1994, and is scheduled for revision in the year 2000.

A newsletter that Jeffery handed out at the meeting states that ISO improves companies' competitive positions and enables them to compete globally and to cut costs.

Stalian George-Cosh, a professor in the mechanical engineering program, said the ISO 9000 certification focuses on quality.

"I strongly believe in the system," George-Cosh said. "It worked for half a million people in the world, it should work for us."



College president John Tibbits, right, talks with Winston Wong of Budd Canada Inc., after the first monthly meeting of the board of governors this school year. (Photo by Jacqueline Smith)

In his report, college president John Tibbits said Conestoga is number one in job placements.

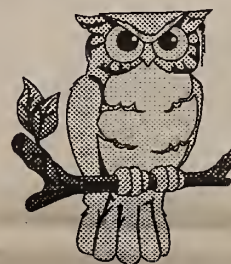
"Our goal is to have the college on number one level in all perspectives, both in Canada and the rest of the world," Tibbits said.

He said quality measurement of education can be fluffy and that a system where difference can be measured is needed.

The next meeting is scheduled for Oct. 26.



Sandra Hanmer is the new chairperson for the college's board.



Healthwise

Alternative medicine has been gaining in popularity for years. In that time, it has gathered both controversy and praise. This week's column is intended to help those who are starting to supplement traditional medicine.

The first thing you should do when seeking to start an alternative health care provider is ask yourself "what do I want to gain by this". This question will help you on your next decision, finding the right practitioner for you. Many fields of practice are outside the realm of traditional medicine. They each have a unique philosophy and ways to treat their patients. A small amount of research into what is out there will allow you to weed out treatments that are not compatible with either your lifestyle or beliefs. After you have decided on a therapy, a second question should be the regulation of the practice. Is this therapy regulated by the government, an international body or not at all? The government regulates some alternative therapies such as Naturopathic Doctors but others such as aromatherapy are independently regulated. Regulation shows public trust in the therapy. The majority of unregulated therapies are trying to prove their methodology to become regulated. The Ministry of Health sets the legal framework for the health professions to regulate themselves. The practitioner must acquire skills and education outlined by the government before being licensed to practice. The two main laws are the Drugless Practitioners Act and the Regulated Health Practitioners Act (RHPA). These laws state what a practitioner may or may not do. Doctors, Nurses and Massage therapists are among those regulated under RHPA. Naturopathic Doctors are under the Drugless Practitioners Act.

Lack of regulation does not mean that the therapy is not worthwhile. There are many ways to improve your health that are effective but not used in mainstream medicine. However, when choosing non-regulated therapies it would be wise to ask the educational requirements, that one needs for certification.

If you do begin a treatment program, please remember that you are supplementing traditional medicine. There are procedures that only traditional medicine may legally perform. Also let the rest of your care providers know. Some of the therapies may conflict with one another. This is especially important if you are taking herbal or traditional medications. TELL your doctor, and your pharmacist that you have started. Herbs may be natural but they do effect the body and can have complications with prescription and/or over the counter drugs.

Shane Grace

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Purchase your OKTOBERFEST ticket before
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Doon Campus to win.



How far
will you
go to get
your
Spoke?

Off-campus question

Why did you come to the Career Fair?



Kelly Rocha, second-year microcomputer administration student at Conestoga College.



Steven Bonsma, third-year civil engineering student at University of Waterloo.

By Jaime Clark

In a random survey conducted at the career fair held at Bingemans Conference Centre on Sept. 29, all students polled decided to attend for almost the same reason — to meet potential employers and make contacts.

Canada's largest joint university/college career fair was co-ordinated by Conestoga College, University of Guelph, University of Waterloo (UW) and Wilfrid Laurier University (WLU).

Carlos Henao of WLU decided to come to the career fair because of the number of employers who would there.

"It is the best opportunity to find an employer and find out more

about each company," said the economics and psychology student.

Two hundred and twenty-one business representatives were scheduled to meet students at the fair. Among them, Budd Canada Inc., Future Shop, Toronto Dominion Bank, Motorola and the Gap were on hand.

"Next year is going to be my last year and I want to know what's out there."

Vanessa Lopak, third-year psychology student

Kelly Rocha, a second-year microcomputer administration student, came to the career fair because it was suggested by one of her teachers, but also because she wanted to participate.



Nicole Hargrave, graduate of health office operations at Conestoga's Waterloo campus.



Carlos Henao, economics and psychology student at Wilfrid Laurier University.



Sheri Albert, second-year microcomputer administration student at Conestoga College.



David Becker, second-year marketing student at Conestoga College.

"We felt it would be a good experience," said the Conestoga College student.

Sheri Albert of Conestoga College decided to participate in the fair for potential job opportunities.

"I thought it would be a good experience to check out different job opportunities in my program," said the second-year microcomputer administration student.

Nicole Hargrave, a graduate of the health operations program at Conestoga's Waterloo campus, came to the career fair for a different reason.

"I haven't found a job yet and I'm desperate," she said.

Eric Badger, a fourth-year psychology student at WLU, was more specific in his reasoning.

"I came to see Corrections Canada," he said. "I'm looking to get into the police force."

Slav Faerman, an electronic engineering technology student,

"I haven't found a job yet and I'm desperate."

Nicole Hargrave, Conestoga College graduate

was also specific in his reasoning for coming to the career fair.

"I'm looking for a job," the Conestoga College student said.

David Becker, a second-year marketing student at Conestoga College, was also looking for job opportunities at the career fair.

"I wanted to check out some employers and look into part-time work," Becker said.

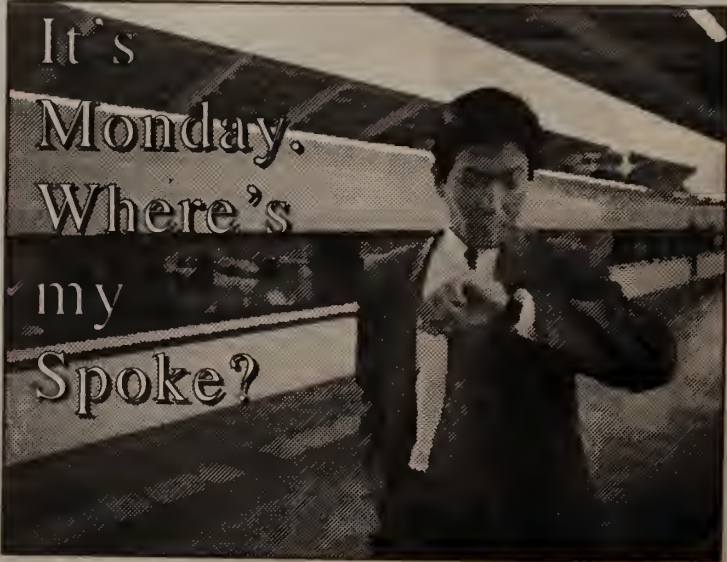
Steven Bonsma, a third-year engineering student, was interested in meeting people.

"I want to get contacts for when I graduate," the UW student said.

WLU student Vanessa Lopak was looking for future job prospects at the career fair.

"Next year is going to be my last year and I want to know what's out there," the third-year psychology student said.

The university/college career fair was held between 10 a.m. and 3:30 p.m. Last year's fair drew 168 companies and just over 2,000 students.



Student Services Workshops - Fall Schedule 1998
No Registration Required

Time Management Workshop Facilitator: Lynn Robbins/Mirela Andrie		
Tuesday, October 6, 1998	11:30-12:30	ROOM 2A65
Thursday, October 8, 1998	12:30-1:30	ROOM 2A43
Monday, November 16, 1998	12:30-1:30	ROOM 1D11
Wednesday, November 18, 1998	12:30-1:30	ROOM 2A43
Multiple Choice Test Taking Workshop Facilitator: Mirela Andrie		
Tuesday, October 27, 1998	11:30-12:30	ROOM 2A65
	12:30-1:30	ROOM 1B21
Thursday, October 29, 1998	11:30-12:30	ROOM 1C7
	12:30-1:30	ROOM 1C7
Wednesday, November 4, 1998	3:30-4:30	ROOM 2D13
Word Problem Tests Workshop Facilitator: Lynn Robbins/Mirela Andrie		
Monday, October 19, 1998	12:30-1:30	ROOM 1C11
	3:30-4:30	ROOM 1C11
Thursday, November 5, 1998	11:30-12:30	ROOM 1C7
	12:30-1:30	ROOM 1C7
	3:30-4:30	ROOM 1C7
Preparing for Final Exams Workshop Facilitator: Mirela Andrie		
Tuesday, November 24, 1998	11:30-12:30	ROOM 2A65
	12:30-1:30	ROOM 1B21
	3:30-4:30	ROOM 1B21
Thursday, December 3, 1998	11:30-12:30	ROOM 1C7
	12:30-1:30	ROOM 1C7
	3:30-4:30	ROOM 1C7
Essay Writing Skills Workshop Facilitator: Lynn Robbins		
Tuesday, October 20, 1998	11:30-12:30	ROOM 2A65
	12:30-1:30	ROOM 2A65
Stress Management Workshop Facilitator: Karen Rittinger		
Wednesday, November 11, 1998	3:30-5:30	ROOM 2D13
Mature Student Drop In Facilitator: Karen Rittinger		
Wednesday, October 7, 1998	11:30-1:30	
Blue Room Cafeteria		

For the following Groups, you will need to sign up at Student Services Room 2B02
Space is limited to 15 Students

GROUPS

Self Esteem Group (5 weeks in length)
Facilitator: Joan Magazine

Test Anxiety Group (4 weeks in length)
Facilitator: Carol Gregory

Commencing week of October 19, 1998. 5 weeks, 2 hours per week; times to be determined from timesheets submitted by participants.

Commencing week of October 19, 1998. 4 weeks, 2 hours per week; times to be determined from timesheets submitted by participants.

Companies in high-recruit mode

Employers seek out grads at career fair

By Dee Bettencourt

At 10 a.m., a long backed-up line of vehicles indicated the career fair, held at Bingemans Conference Centre in Kitchener on Sept. 29, would be well attended by both companies and students.

Booths manned by the four fair organizers, Conestoga College, University of Waterloo (UW), Wilfrid Laurier University and University of Guelph, greeted students making their way between the two large conference rooms filled with potential employers.

"We love Conestoga students. Three out of eight in our training program are from Conestoga College."

Gayle Nummelin, assistant manager of recruitment and development for Scotiabank

Although active recruitment has traditionally not been part of the career fair, according to Mary Wright, manager of student employment, co-op education and alumni services of Conestoga College, this one was in high-recruit mode.

"We are looking for just under 50 grads today," said Gayle Nummelin, assistant manager of recruitment and development for Scotiabank's regional office in Kitchener.

"We love Conestoga students. Three out of eight in our training program are from Conestoga College."

Nummelin also said they look for behavioural attributes as opposed to specific educational backgrounds and won't close to

the door to someone with a degree or diploma in an area other than business.

Scotiabank associate Amanda Stronach, personal banking officer, graduated from Conestoga six months ago in business administration, marketing, and said she submitted her resume to the banking institute at a job fair held at Bingemans last year.

"I called and called, like crazy. It was a technique we were taught at school," said Stronach.

"We were told to be persistent, but not a pest. Now I'm here and I'm happy with the comprehensive training program I'm learning."

Another prospective employer, Manulife Financial, is in such a growth mode, according to their representatives, they rented a double booth manned with three teams of eight Manulife employees each.

Sue Riddell, staffing consultant with Manulife, said, "It's a wonderful outreach opportunity. It helps build relationships with students from first year through to graduation."

Riddell went on to say that Manulife recruits co-op, temporary help and full-time graduates.

Another Manulife staffing consultant, Laurie Knechtel, estimated 25 business and systems students were hired at last year's career fair and anticipated hiring a significant number of students from Tuesday's event. Manulife Financial can be reached at manulife.com

Although some corporations came from as far away as Singapore and California, a number have local divisions operating in this region.

In addition to Scotiabank and Manulife Financial, Raytheon, whose plant on Phillip Street in Waterloo currently employs 400, ran a booth with the help of employee Paula Schaefer, a human resources administrator.

Schaefer said Raytheon, whose



Sgt. Lavoie of the Canadian Armed Forces helped man a booth at Bingemans on Sept. 29 for the career fair in hopes of recruiting students to the military. (Photo by Dee Bettencourt)

worldwide operations employ 110,000, hoped to attract engineering students with an electrical background.

"We would even consider an internship, although we haven't in the past. Some of our projects require 12 to 18 months and we would need to bring students on board for that length of time."

"It's a wonderful outreach opportunity. It helps build relationships with students from first year through to graduation."

Sue Riddell, staffing consultant with Manulife

The human resources administrator said she hoped to recruit 10 individuals that day from the career fair.

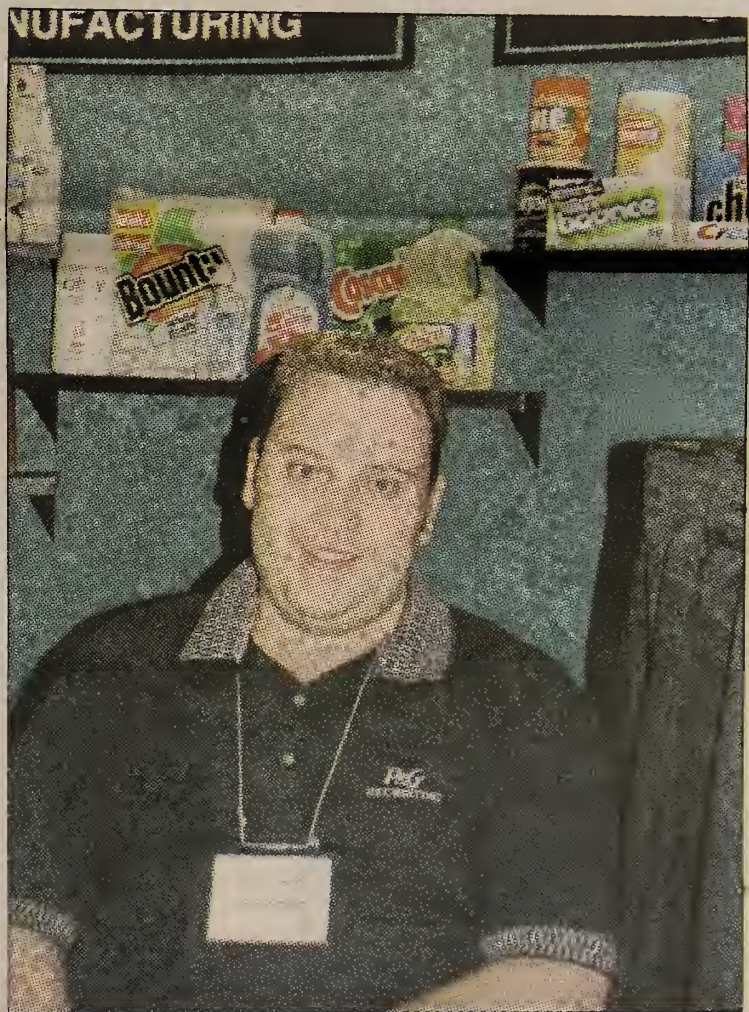
Another company, based in Redmond, Washington, was even more inclined towards the internship method of employment for students.

At the Microsoft booth, program manager and electrical engineer Erin Dunphy, a UW graduate of last April, said, "Microsoft will relocate you, pay for your transportation and set you up in subsidized housing on campus (Microsoft industry compound). I did that every other four months while in school."

Associate and college recruiter Deanna Greenwood said Microsoft primarily hires students with technical backgrounds for internships and full-time positions.

At 24, Tony Campbell graduated last spring from UW in chemical engineering and was hired immediately for the position of process engineering leader at Proctor and Gamble's Ivory Bar products facility in Hamilton.

He said leaders earn approximately \$40,000 to \$50,000



A Proctor and Gamble booth was operated by employee Tony Campbell, a spring graduate of chemical engineering at UW. He is now process engineering leader for the Ivory Bar products facility in the Hamilton plant. (Photo by Dee Bettencourt)

to start.

Proctor and Gamble was also represented by Jane Lewis, customer logistics services manager. Lewis said the company is trying to attract people to Brockville, Belleville, Toronto and Hamilton locations.

She said Proctor and Gamble is looking for computer systems graduates and engineers, but will also hire humanities students as employees are expected to wear many hats.

There were other agencies available to those with

considerably less technical knowledge.

Sgt. Lavoie, of the main office in Hamilton for the Canadian Armed Forces, said, "We look for everybody who wants to apply. Basic criteria is 17 years of age, having a minimum of 15 high school credits, being a Canadian citizen or having landed-immigrant status and being free from legal obligation."

A list of companies that attended the fair may be obtained from Conestoga College's student employment office.



Scotiabank personal banking officer Amanda Stronach, left, and Gayle Nummelin, manager of recruitment and development, manned a booth promoting their company. (Photo by Dee Bettencourt)

Walk draws Conestoga participants

Sixth-annual AIDS walk raises \$45,000 for region

Ned Bekavac

A warm autumn afternoon was served up for 400 enthusiastic participants in the 1998 AIDS awareness walk in downtown Kitchener Sept. 27.

The marchers helped the AIDS Committee of Kitchener, Waterloo and Cambridge (ACCKWA) again meet their goal.

According to ACCKWA fund-raising coordinator Deanna Bartram, the 10-kilometre walk, which began at Victoria Park in Kitchener, raised almost \$45,000 in pledges. ACCKWA's yearly goal is \$40,000.

Linda Hayes, a teacher in the early childhood education program at Conestoga College, was among those who contributed.

Hayes teamed with friend Keith Forler; together they raised nearly \$1,200 for the walk.

"It is very important because it is a health issue that touches everyone's lives," said Hayes, who has been a member of ACCKWA for six years.

ACCKWA, established in 1985, is a community-based organization that supports people infected and affected by HIV and AIDS.

Until this year, Hayes raised funds on her own.

"It (AIDS) is very important because it is a health issue that touches everyone's lives."

Linda Hayes,
early childhood education teacher

She said teaming with Forler increased both their motivations.

"We egged each other on," Hayes said.

"I e-mailed all of my relatives and got a great response."

Before embarking on their 10-kilometre walk, participants were addressed by Kitchener Centre MP Karen Redman and Ontario Health Minister Elizabeth Witmer.

The event attracted people of all ages.

"There were runners,

wheelchairs, people with dogs, and parents with their children in carriages. There was music and food," Hayes said.

"It was a lot of fun."

Hayes, who began fundraising for the 1998 walk in August, said it is nice to give back to the community.

"I'd encourage anyone (to participate)," she said.

Beth Whittington, a second-year early childhood education student at Conestoga, participated in the walk for her fifth consecutive year.

"It was a beautiful day," she said. "Everyone was just so excited. It was really good to see."

Though Whittington went to the event alone, she said met like-minded friends and volunteers from ACCKWA.

She is already looking forward to next year's walk. "I'm doing it again next year, for sure," Whittington said. "But I'm planning to put a team together."

"I want to get my friends involved."



Participants walk from Victoria Park during the AIDS awareness walk Sept. 27. Local residents raised nearly \$45,000 in pledges. (Photo By Ned Bekavac)

1998-99 Varsity Home Schedule

Men's Hockey

Oct. 7	vs Fleming	@ 7:30 pm
Oct. 17	vs Boreal	@ 2:00 pm
Oct. 28	vs Seneca	@ 7:30 pm
Nov. 7	vs Carleton	@ 3:00 pm
Nov. 25	vs Humber	@ 7:30 pm
Dec. 5	vs Cambrian	@ 3:00 pm
Jan. 13	vs Fleming	@ 7:30 pm
Jan. 29	vs Boreal	@ 7:30 pm
Feb. 17	vs Seneca	@ 7:30 pm
Feb. 19	vs Sauli	@ 7:30 pm

Women's Softball

Oct. 8	vs Seneca	@ 5:00 pm
Oct. 17	vs Loyalist	@ 1:00 pm

Men's Soccer

Oct. 7	vs Lambton	@ 4:30 pm
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Women's Soccer

Oct. 8	vs Lambton	@ 4:30 pm
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Men's Basketball

Oct. 15	vs Erindale	@ 8:00 pm
Oct. 23	vs Puma Allstars	@ 8:00 pm
Jan. 30	vs Redeemer	@ 2:00 pm
Feb. 13	vs Puma Allstars	@ 2:00 pm
Feb. 27/28	Condor Invitational Tourney	



CONESTOGA COLLEGE
RECREATION CENTRE

Join us for

VARSITY HOME WEEK



Wednesday, October 7

Men's Soccer
Men's Hockey

Lampton vs Conestoga
Flemming vs Conestoga

@ 4:30 pm
@ 7:30 pm

Thursday, October 8

Women's Soccer
Women's Softball

Lampton vs Conestoga
Seneca vs Conestoga

@ 4:30 pm
@ 5:00 pm

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**Movie of
the Week**

**Thurs. Oct. 8
1:00 pm**

**In
The
Sanctuary**



**Buffalo Bills
Sun. Nov. 1
vs. Miami Dolphins**

Tickets available
with or without transportation

Details and conditions
available at the DSA Office

**On Sale Thurs. Oct. 1
at the DSA Office**



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Kitchener, ON N2C 2M4
(519) 748-1604 Fax 748-1517

**Athletes
of the Week
for Sept. 19 - 26**

KERI QUIPP



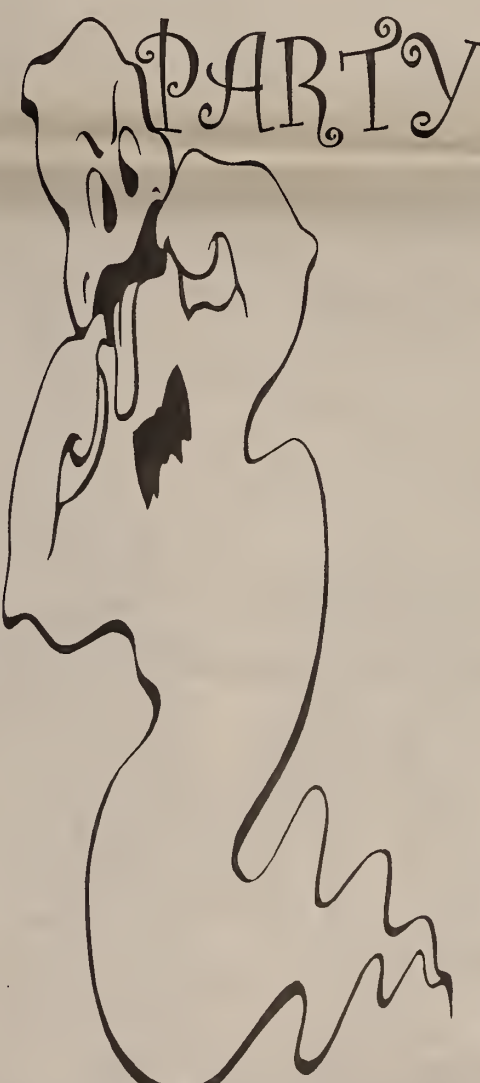
Quipp, a 3rd year Materials Management
student and member of the Women's
Softball Team, was outstanding at bat all
last week amassing 8 R.B.I.'s in helping
lead her team to 3 wins over Loyalist and
Canadore.

BILL JOHNSON



Johnson, a 2nd year Management Studies
student, backstopped the Men's Soccer
Team to 3 wins last week over St. Clair,
Fanshawe, and Lambton. Bill allowed
only 1 goal against in all 3 games.

**HALLOWEEN
PARTY**



**Conestoga Night at
Loose Change Louies
Wed. Oct. 28**

Do you have a filthy house? Has it been ages since you last vacuumed? Is the
dust unbearable? Are the dishes piling up every day? Does your bathroom
resemble a Johnny-on-the-spot? Worst yet, does it smell like one?

ROXY, SPOKE and TIDY HEIDI HOUSECLEANING want to give you

A FREE HOUSECLEANING

All you have to do is fill out the form
below and take it to the Roxy studio
by Dec. 1. Winners will be announced
in Spoke and on Roxy on Dec. 14



Tidy Heidi Housecleaning Contest

Name: _____ Program: _____
Phone #: _____ E-mail: _____
Why I should win this contest (must be less than 20 words): _____

Women's Soccer***Conestoga lineup missing three starters***

Condors draw with Fanshawe

by Neven Mujezinovic

The Conestoga Condors and the Fanshawe Falcons shared the spoils in an eventful women's soccer game on Sept. 29 at Conestoga College.

Playing without three starters, including injured dynamic midfielder Heather Heimpel, the Condors regrouped after a shaky start and in the end outplayed the Falcons.

The Condors started slowly and the first half belonged to the Falcons.

Fanshawe applied the pressure early on and controlled the midfield. The Condors had to content themselves with occasional fast breaks, which never seriously troubled the Fanshawe goalkeeper.

Just as they were beginning to play better and look more organized in midfield, the Condors conceded a goal.

Fanshawe forward Sarah Keating sent a long, hopeful ball toward the Condors' goal. The trajectory of the ball deceived Condor keeper Nancy Tucker, who judged it to be going over the crossbar, but instead it crept in just below it.

But the never-say-die Condor women gathered strength from this misfortune and came out fighting in the second half.

Guided by the flawless and acrobatic play of sweeper Stephanie DenHaan, the rest of the team followed suit. Daniela Sirio and Trisha Yates got the ball flowing smoothly in midfield and things started happening for Conestoga.

Up front, Lisa Hawco and Angela Papazotos started creating chances, but once again it was powerful striker Karen Melansen who came to the rescue.

Melansen, always ready to pounce in the opposition's penalty area, needed only a half-chance to put the ball in the back of the net. Profiting from a brief indecision on the part of her marker, she coolly slotted the ball past a helpless Fanshawe keeper.

The Condors flew higher and higher as the game went on. Suddenly they were all over the Falcons, looking for the winning goal.

The Falcons, for their part, defended resiliently and tenaciously and managed to hold on to a 1-1 draw. They even managed to stop the Condors' collective heartbeat for a nanosecond, when in the dying seconds of the game, Falcon Elizabeth Ayana got the ball some 20 metres from goal and with a clever chip-shot tried to beat keeper Tucker, but this time Tucker was not to be outdone and made a fine save.

The Condors played superbly, especially in the second half, against a skilled and well-organized Fanshawe side. DenHaan looked as if she was in a league of her own and the entire back-four were impeccable. Tucker had a great game, apart from the goal-conceding blunder. The midfield and front looked solid, while Melansen proved she is a force to be reckoned with. This tie temporarily puts the Condors in first place in their regional standings, with five points, with Fanshawe at their heels with four.

Fanshawe coach Stephen Cahoon, who was ejected from the bench after insulting the referee, declined to comment on the game.

"But I'm proud of the way everyone compensated.."

Geoff Johnstone,

Condor's women's soccer coach

Condors' coach Geoff Johnstone thought it was a good game and a fair result. He said everyone was a bit down after Heimpel got injured in practice the day before the game. "But I'm proud of the way everyone compensated for her loss," said Johnstone.



Karen Melansen gets ready to kick the ball as Fanshawe's Lori Dykstra (10) tries to challenge her. Looking on are Condor Daniela Sirio and Falcon Colette Poirier. The kick led to a Condor goal.

(Photo by Neven Mujezinovic)

Women's softball***Bats come to life in thrashing***

Hard-hitting Condors mercy Canadore in 12-2 game

By Sarah Thomson

A home run in the bottom of the first inning by Stacie Arsenault started the Conestoga Condors on their way to a 12-2, mercy-induced victory over the Canadore Panthers in Ontario College Athletic Association action.

The women's varsity softball game was played Sept. 26, at Conestoga College. The Condors won-lost record now sits at 3-1.

The first inning home run by Arsenault brought the score to 2-0. In the second inning a triple by Chrissy Fountain and a RBI by Lori Walden brought the score to 3-0. The remaining nine runs were gained in the fourth, capped by a triple from Christie Selby.

After a fruitful time at bat the Panthers came out in the fifth, where they scored twice.

They started off with a double



Condor Keri Quipp holds up at third base against Canadore.

(Photo by Sarah Thomson)

by Amanda Bradford, and followed by various single hits. A double by Donna Burns brought in the Panthers two runs of the game.

The Panther's played a strong defensive game in the first three innings and were able to hold their own against the Condors keeping the score at 3-0. They played especially well in the third inning when they had three at bat and three outs.

Condors' pitcher Quipp tossed all five innings, allowing only four hits. The rest of the team provided strong defensive play in support of her effort on the mound.

In a post-game interview, Tim Scott, head coach of the Panthers agreed that the game was disappointing.

"I don't think that we threw that bad of a game," he said. "If we had made the defensive plays we would have played more than five innings."

"Keri Quipp, who was substituting for our regular pitcher, pitched a really good game, more than adequate," said Yvonne Broome, head coach of the Condors. "She didn't walk anyone, and they only got four hits off her."

"Everyone can hit, the bats are coming along nicely, and I am very pleased at how we're hitting the ball," said Broome.

"We have to give the blue and white credit. They put it away when they had the chance to score and put it away," said Scott.

Grad Photos

Sign ups

beginning

Thurs. Oct. 1

at the DSA Office



PADDY'S

IRISH REDS

We only sell what we can't drink ourselves

Soccer

Condors demolish Lambton in Sarnia

By Neven Mujezinovic

The Condors soccer teams emerged victorious from their road trip to Sarnia's Lambton College on Sept. 26.

The men's team thrashed their opposition 9-1; the women won 1-0.

Condors' coach Geoff Johnstone said the women's result is not a true reflection of the game, as the Lambton players managed to get only one shot at goal, while Conestoga missed numerous chances. The women were missing suspended forward Karen Melansen, who is one of the major threats for the opposing goalkeepers. The goal was scored by Heather Heimpel, whose fine play is emerging as one of the Condors' strong points.

In the men's game, Paul McQuade and Dan Mihelic each scored three times, while Derhan Sherifali scored twice and Dan Krauter scored once.

Johnstone said the victories were a combination of the Condors' excellent play and weak opposition from Lambton.

"Basically the team is picking itself right now by attitude alone."

Geoff Johnstone

Johnstone was especially pleased that both his strikers played well and scored hat tricks. Mihelic is one of those attackers who is always in the right place at the right time, while McQuade's style involves a lot of running into position.

"They complemented each other perfectly," said Johnstone.

The coach was also pleased because he challenged some of the men to do some things they weren't doing in prior games, such as passing the ball more, and they responded marvellously.

The Condors were once again traveling with short squads, dressing only 11 women and 12 men.

While it has been an ongoing problem for the women's team, who has been short-staffed from day one, it is a new phenomenon for the men's team. Johnstone doesn't hide his frustration with men who cannot commit to the soccer team.

"The guys who made those trips (to St. Clair and Lambton) are really coming together as a team, and are making it really difficult for anyone else to play," said Johnstone.

"If they can't do the sacrifice to make these trips and in the meantime these guys are 3-0, then, basically the team is picking itself right now by attitude alone."

Beer is a time-honoured tradition in the Lett family.

A tradition which goes back hundreds of years and dozens of generations. Sure, the Lett family has produced way more than its share of statesmen, war heroes, business tycoons, doctors, and men of the cloth. They've also had the odd poet and even a horse thief.

But the real pride of the Lett family has always been its brewing tradition.

A tradition typified by the legendary Irish Red created by the family patriarch and master brewer George Henry Lett in the 1800s.

Consequently, it was with no small amount of family pride that Patrick Lett decided to recreate this legendary brew in order to slake the family thirst and continue the family brewing tradition.

To duplicate this family masterpiece right here in Canada he commissioned the skilled craft brewers at the Trafalgar Brewing Company. The end result is Paddy's Irish Red, considered by many to be the gold standard of beer.

There are no colouring agents or artificial additives.

The extraordinary taste and unique amber colour is the result of a special carastan malt roasted more slowly than ordinary malts.

So far, the popularity of Paddy's Irish Red has been astounding. And that, of course, is just within the family itself.

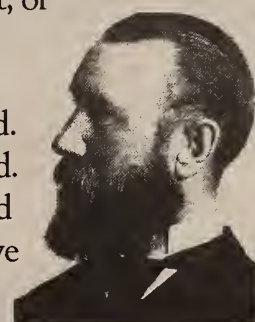
And now to the case at hand. Well, actually the cases at hand.

The Lett family would like to share their love of beer with you. Their love of beer and some of the bottles of Paddy's Irish Red which they haven't had the opportunity to drink themselves. You no longer have to be a member of the Lett family to enjoy this fabulous beer.

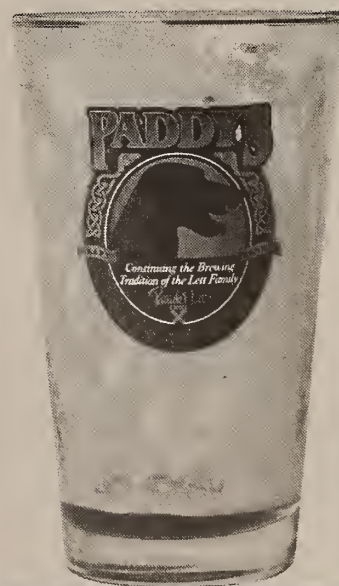
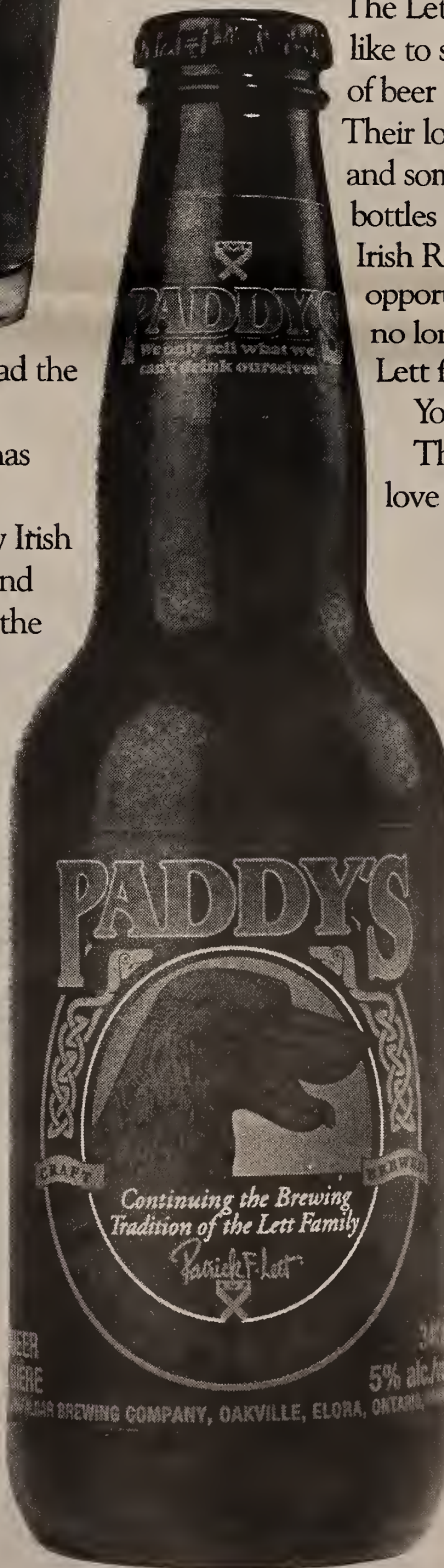
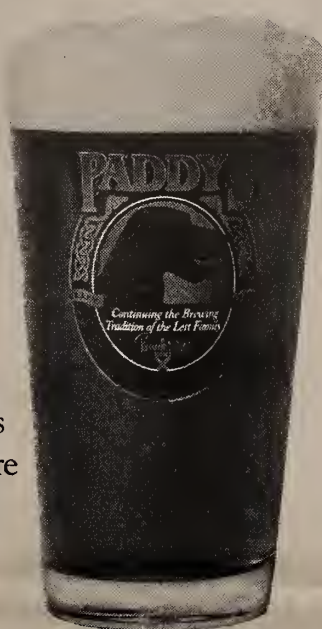
You needn't even be Irish.

The only prerequisite is a genuine love of genuine beer.

So, consider yourself part of the family.



George Henry Lett, the creator of Irish Red



PADDY'S
IRISH RED

We only sell what we can't drink ourselves



Members of the Rugby Club scrimmage during a practice held on the auxiliary pitch at the college. They have been practising Mondays, Wednesdays, and Thursdays. (Photo by Neven Mujezinovic)

Real men don't need equipment

Rugby Club striving to go varsity next year

By Neven Mujezinovic

It is only a matter of time before Conestoga has a varsity rugby team in the Ontario Colleges Athletics Association, says Gerry Cleaves, a third-year management studies student and vice-president of student affairs with the DSA.

This year, however, students who love to play rugby will be able to do so through the Rugby Club, recently formed at

Conestoga.

About 60 students signed up for this club and the number is likely to increase as word gets out about its existence.

Cleaves says this team has been three years in the making, at least in his mind. Last year some students showed an interest, but nothing came of it.

This year, Cleaves, who has five years of rugby-playing experience under his belt, took things in his own hands and started the rugby club.

"This is a legacy I hope I've started," says Cleaves.

But Cleaves is reluctant to take all the credit for this accomplishment.

"This wouldn't have happened without the help of some key people, from the recreation centre side of things, to the people in here (the DSA office) helping answer questions about rugby, to the players on the team."

When people at the college realized how much was being done by students alone in their quest to organize a rugby team, they offered any assistance they could provide. Members of faculty offered to coach or assist in any other way, says Cleaves.

"It has just been amazingly encouraging."

Rugby is still only an intramural sport at Conestoga, but other colleges with rugby teams are being contacted and exhibition games are planned for the near future, says Cleaves.

The team practices on Mondays, Wednesdays and Thursdays on the auxiliary pitch at the college.

The first practice was held on Sept. 21. It was an opportunity for the players to get to know each other and share tips about the game. It was a melting-pot of ideas, says Cleaves, as most of these players came from different rugby programs, with different theories about the game.

"We gelled pretty quickly," says Cleaves.

This year should be a transition year for rugby at Conestoga. The most important thing is to show that students are interested and serious about playing rugby, so that perhaps as early as next year, a varsity team can start competing at the OCAA level.

Even though Cleaves has emerged as a leader on the team, he is not the only one. Other players with a few years of rugby experience and a predisposition to take a leadership role are stepping up to do their part.

After practice, everyone goes to the Roost for a couple of beers and shares rugby stories.

"I guess that's the beauty of the game — the whole camaraderie of it," says Cleaves.

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Movie Review

Urban Legend continues trend of whodunit thrillers

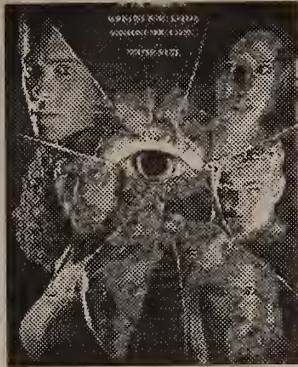
By Rob Himburg

It all began with natural disasters. It evolved to science fiction and aliens, and now, this past year, with the releases of *Scream*, *Scream 2* and *I Know What You Did Last Summer*, it has been made apparent on this year's bandwagon of film; the classic whodunit thriller. *Urban Legend*, the latest film to follow in the footsteps of these three was released on Sept. 25.

It's the typical movie, "Scream-esque" in nature, but nevertheless, a worthwhile endeavour.

Directed by Jamie Banks, the film centres around Pendleton College, a New England campus with a mysterious and deadly history. Twenty-five years earlier, an abnormal psychology professor went on a rampage in Stanley Hall, killing six students before taking his own life. This massacre is celebrated year after year with an urban legends costume bash.

A series of bizarre and unexplained killings occur, and according to Natalie, (Alicia Witt) the routines and details are those



(Internet photo)

of many urban legends. One of the many legends that comes to be is about eating Pop Rocks, an exploding candy, and drinking pop, which will lead to your stomach exploding. But the more common one is the psycho with the axe who slips into the backseat while you were not looking.

Friends of Natalie, journalism major Paul, (Jared Leto), Brenda, (Rebecca Gayheart), and prankster Damon, (Joshua Jackson), try to tell her that the deaths are all coincidences.

Natalie, through some soul-searching, researching the college and clues left by the killer,

realizes that she is the next victim.

A true thriller flick, the film also casts horror movie legend Robert Englund, of the late Freddy Krueger and Nightmare on Elm Street fame. He plays the present abnormal psychology teacher, who has an interesting past.

It also has its comedic scenes, which refer to some of the actors other roles, such as Jackson in *Dawson's Creek* and Gayheart in the *Noxzema* commercials.

If you get the chance to see this film, do not miss out. *Urban Legend* is a film that will make you sit on the edge of your seat anticipating what will happen next, while also trying to figure out who wants to ruin Natalie's life. It is just another great film in this genre and should be watched by all those who enjoyed *Scream*, *Scream 2* and *I Know What You Did Last Summer*.

Watch it on the way home from the theatre and don't flash your headlights to anyone. But most importantly, be sure to check your backseat before you get into the car. There's a killer on the loose.



CORRECTION NOTICE

In the Sept. 28 edition of *Spoke*, information about services in the Learning Resource Centre was incorrect in the story Principal asks DSA for funding. Students who staff the LRC can sign out books for other students; however, they cannot make up new library cards (ie. for continuing education students).

Also, the LRC is open on Sundays. *Spoke* regrets the error.

This is one of the many people who were too late last year to buy a ticket for the Spaghetti Luncheon.

Don't let the same fate ruin your year!



Limited tickets will be on sale starting Monday, October 5 from designated areas. Watch for them!

Conestoga College United Way Campaign



RATING SYSTEM



Bill left Monica to see this film.



Bill hardly noticed she was wearing a thong.



Monica didn't talk much at this point.



Bill took Hillary to see this film.

Bill would rather dine with Ken Starr.

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No dark days ahead for Stabbing Westward

By Judy Sankar

Christopher Hall, vocalist and guitarist of Stabbing Westward, sits on one end of a dark green couch in the band's tour bus. Only four of the five members including Hall are present, yet the tour bus seems crowded. Jim Sellers (bass) sits at a table doodling on the front cover of a newspaper. Mark Eliopulos, who's been with the band for just over a year, leans against a wall playing with a corkscrew. Andy Kubiszewski (drums) is nowhere in sight and Walter Flakus (programming, keyboards) sits on the other end of that green couch. It seems fitting that Flakus and Hall sit together as they are the only two members left from the original Stabbing Westward in 1985.

Stabbing Westward is currently finishing up a two-week Canadian tour with Econoline Crush and treble charger before they begin opening for Depeche Mode on their tour in November. With three albums to date, *Ungod* (1993) which includes the song What Do I Have to Do?, *Wither Blister Burn + Peel* (1996), which is certified gold, and *Darkest Days* (1998), Stabbing Westward has enjoyed success in the U.S. *Darkest Days* has already sold 300,000 copies in the U.S. Stabbing Westward's success, however, has not been shared with Canada. This is most easily demonstrated by the fact that *Darkest Days* has only sold 15,000 copies here and the band doesn't get much radio play.

But such demographics don't bother Stabbing Westward. "That's why it's our job on tour to play really good shows,"



From left, Andy Kubiszewski, Walter Flakus, Mark Eliopulos, Jim Sellers and Christopher Hall (front) Inset: Christopher Hall at the Lyric Nightclub in Kitchener Sept. 24.

says Hall, "where people go away not just saying, 'Wow, they rocked,' but actually remembering some of the songs and going, 'Wow. They had a bunch of really cool songs.' Then they go out and pick up the albums." Hall also says that Stabbing Westward's music isn't that obvious here so the people who are likely to become fans are those who actively seek out music.

For those who are not familiar with Stabbing Westward, the band members describe their sound as Depeche Mode meets the Cure. Each individual, however, has his own preferences.

"I think that's one of the really unique things about this band; we have many different ones [influences]. Each member listens to, pretty much, a different vein of music. However, there are some that cross pollinate," says Flakus.

Stabbing Westward is often described by others as similar to Nine Inch Nails. Not only has Kubiszewski recorded with NIN, but the band has also been

"There comes this magical day when everything drops into a groove."

Christopher Hall, vocals and guitar for Stabbing Westward

influenced by them. Hall admits the two sounds are similar, but he says Stabbing Westward is a little more goth than NIN's *Pretty Hate Machine*, for example. Hall says NIN also helped them out by breaking down doors. "If they hadn't become a multi-platinum act that radio stations had to play

because they were so popular, they never would have played our music on the radio."

Musical influence, however, isn't the only consideration when it comes to Hall's own songwriting. Hall is heavily influenced by literature. "If you're reading a particularly eloquent writer, and he phrases something that, in a way, touches you emotionally, then you just look at how he said something or look at the metaphor he used," he says. "He took you down a path that you may not have ever thought about before. So then you just run with that thought and it takes you somewhere else. I think that's what inspiration is," says Hall.

Running with a thought during songwriting is something that all members of Stabbing Westward share in. For example, the music for *How Can I Hold On?*, a song

off *Darkest Days*, was composed by Flakus, who then gave it to Hall. Hall couldn't get a vocal idea for it so he passed it off to Sellers and Eliopulos, who then came up with a "weird meandering" sound, says Hall. That sound inspired Hall to create a vocal melody and once they combined the two, *How Can I Hold On?* was born.

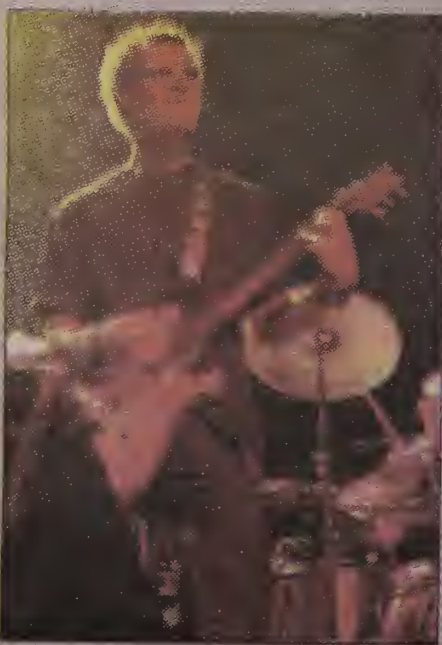
Over the past 13 years, the group has gone through various members. When Stabbing Westward recorded *Ungod*, the guitarist and drummer were new. When they did their *Wither Blister Burn + Peel*, they fired the guitarist and there was a new drummer who had only been on tour with them about a month. During the recording of *Darkest Days*, Hall describes something that happened.

"If everyone is playing the same song at the same tempo, it sounds good, but there comes this magical day when everything drops into a groove. It's something you can't even put your finger on. You can just feel it happen and it's like suddenly, you're playing as a band. Five people playing as one and when Mark was in the band for over a year, we did this record and we felt that happen," he says.

Stabbing Westward doesn't know how long it will keep producing. Putting limits on anything doesn't seem to make sense to them. As long as people are interested in what they are putting out, they will keep making records, says Flakus. With *Darkest Days* well on its way to being certified gold and an upcoming tour with Depeche Mode, Stabbing Westward is working hard to achieve success.

Concert review

Econoline Crush headlines at Lyric Nightclub



Greig Nori of treble charger strikes a pose during the band's performance at the Lyric, opening for Econoline Crush. (Photo by Melanie Spencer)

By Melanie Spencer

The lights dimmed, smoke filled the air and spotlights flashed as Econoline Crush lit up the Lyric Nightclub in Kitchener on Sept. 24.

After a couple of minutes of this the crowd screamed as, one by one, the members of the Vancouver-based band took to the stage.

The crowd danced and moshed the night away as they were treated to hit songs from the band's latest offering, *The Devil You Know*, including Home.

Unfortunately, the songs were over-shadowed by singer Trevor Hurst's over-blown stage presence. It seems to have grown while the Econoline Crush were on tour promoting this album because it wasn't there before. His presence was so overpowering that it seemed to be a concert by Hurst instead of by the band.

Before Econoline Crush performed, the crowd was treated to a performance by

Toronto's alternative favourites, treble charger, who opened the show. While only playing three dates on this tour, their half-hour set gave them a chance to showcase their hits, including Red, which launched the band in Canada.

But the highlight of the evening didn't come from a home-grown talent; it came from Stabbing Westward. Their unique

blend of Depeche Mode's rhythm, The Cure's introspective lyrics and the anger of Nine Inch Nails, had the crowd moshing and singing along. They heard songs from the band's three

albums, as well as songs from various soundtracks, including *Spawn*. Unfortunately, the vocals were so low in the mix, it was difficult to make out the lyrics, except when singer Christopher Hall was screaming out a chorus.

Despite the various types of music, the combination of bands made for an enjoyable evening of live music.



Stabbing Westward guitarist Mark Eliopulos gets friendly with his microphone stand during the band's performance Sept. 24 at the Lyric Nightclub in Kitchener.